



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

## Report of

### *One day International Webinar*

*on*

*"Strategies to Boost Immunity by Functional Foods to Combat COVID-19 [SBIFFCC]"*

**Date:15/07/2020;Time:3:00pm–  
7:00pm(India/SriLankatime)Date: 15/07/2020;  
10:30am-2:30pm (Portugal time)**

**Organized by  
Dept. of Nutrition & Research Cell ,M.G.M.**

**You Tube link for live webinar:**

<https://youtu.be/LUHj-nBEeWs>

*Report is prepared by Mrs. Keya Dash, SACT, Dept. of Nutrition, Mugberia Gangadhar  
Mahavidyalaya*



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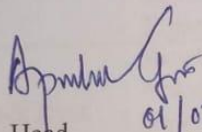
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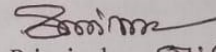
Date: 01/07/2020

## NOTICE

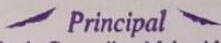
It is hereby notified that Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to organized **International Webinar on "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"** in collaboration with Research Cell of Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, West Bengal, India on **15/7/2020**. All the students of B.Sc. (Honours), B.Voc (Food Processing), M.Voc (Food Technology, Nutrition and Management) students and faculties of the Dept. of Nutrition , are informed to join positively at 9:30 p.m. Zoom link will be provided through our whatsapp group.

  
01/07/2020

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

  
01.07.2020

Principal  
Mugberia Gangadhar Mahavidyalaya

  
Principal  
Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya



**The international webinar aimed to explore effective strategies utilizing functional foods to enhance immunity and combat COVID-19. Hosted on 15/07/2020, the event gathered experts, researchers, and participants .**

**Objective:** The one-day national seminar aimed to provide a comprehensive understanding of vaccine basics and insights into the ongoing COVID-19 vaccine program.

### **Tentative Programme Schedule**

3:00pm– 3:10pm	Introductory Address by Dr. Apurba Giri (Convener), Coordinator, Dept of Food Processing; Assistant Professor & Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
3:10pm–3:15pm	Inaugural Address by Dr. Swapan Kumar Misra (Chair Person), Principal, Mugberia Gangadhar Mahavidyalaya
<b>3:15pm-4:45pm</b>	<b>Technical Session I (Coordinator: Dr. Bidhan Chandra Samanta, Coordinator, Research Cell Asso. Prof. &amp; Head, Dept. of Chemistry, Mugberia G. Mahavidyalaya)</b>
3:15pm– 3:45pm	<b>Speaker: Prof (Dr) Antony Gomes</b> Ex-Professor & UGC-Emeritus, UGC-BSR Fellow, Dept of Physiology, Calcutta University Kolkata, India <b>Topic: Fight against COVID-19 with nutrition &amp; dietary fiber</b>
3:45pm–4:15pm	<b>Speaker: Dr. (Mrs.) NMNK Narayana</b> Senior Lecturer, Department of Animal Science, Faculty of Agriculture, University of Ruhuna, Sri Lanka <b>Topic: Potential applications of immune boosting medicinal plants in functional foods to combat COVID-19</b>
4:15pm–4:45pm	<b>Speaker: Dr. Subrota Hati,</b> Assistant Professor, Dept. Dairy Microbiology, SMCC College of Dairy Sci., Anand Agricultural University, Anand, Gujarat, India <b>Topic: Application of probiotics in immunity boosting</b>
<b>4:45pm-5:40pm</b>	<b>Technical Session II (Coordinator: Dr. Apurba Giri)</b>
4:45pm-5:05pm	<b>Speaker: Dr. Maria Leonor Silva</b> Assistant Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal <b>Topic: Food anti-inflammatory properties and its immune benefits</b>
5:05pm-5:25pm	<b>Speaker: Dr. Alexandra Bernardo</b> Associate Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal <b>Topic: Food antioxidant activity – a potential property for immunity system</b>
5:25pm-5:45pm	<b>Speaker: Ms. Koyel Pal Chowdhury</b> Research Dietician, SSKM Hospital; Guest lecturer in Haldia Institute of Health Science, IGNOU and Bangladesh Academy of Nutrition and Dietetics. <b>Topic: The importance of immune maintenance balanced diet in pandemic and postpandemic situation</b>
5:45pm–6:20pm	Question-Answer session Coordinator: Dr. Apurba Giri
6:20pm–6:30pm	Vote of Thanks by Ms. Monalisa Roy, Assistant Professor, Dept. of Food Processing, Mugberia Gangadhar Mahavidyalaya

## PHOTOS:



One Day International Webinar on

# Strategies to Boost Immunity by Functional Foods to Combat COVID-19 [SBIFFCC]

Date: 15/07/2020; Time: 3:00 pm – 6:00 pm

Organized by

Dept. of Food Processing

in collaboration with

Dept. of Nutrition & Research Cell

Mugberia Gangadhar Mahavidyalaya

PO-Bhupatinagar; Dist. - Purba Medinipur, West Bengal -

721425, India, <http://www.mugberiangadharmahavidyalaya.org>

All interested persons are cordially invited to attend the international webinar on "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"

– Organizing Committee

- For registration: No registration fee, click on the link or copy the link and paste it in Google Chrome:

<https://forms.gle/yxeey9JCYG8gMzah7>

- Last date of registration: 10<sup>th</sup> July, 2020 up to 5.00 pm
- **WhatsApp Group Link:**  
<https://chat.whatsapp.com/DKG9T0oR9nXDgZoK5oMrqj>
- Platform: Zoom apps Streaming on YouTube / Facebook Live
- Joining link for the lectures and related updates for each session will be provided in the respective e-mail & WhatsApp.
- E-certificate will be issued after sending filled feedback form.

**Invitation for full length paper:** The full length papers related to the theme of this webinar are invited for publication in the book with ISBN No. without charging any publication fees from the author. For this, interested authors are requested to send abstract (~250 words) of their paper to the convener at both e-mail id: [webinarsbiffcc@gmail.com](mailto:webinarsbiffcc@gmail.com), [apurbandri@gmail.com](mailto:apurbandri@gmail.com). The selected authors will be sent the detail guidelines to write full length paper and to submit the paper within 45 days.



Chair Person

Dr. Swapan Kr. Misra,  
Principal,  
Mugberia G. Mahavidyalaya



Convener

Dr. Apurba Giri  
Coordinator, Dept. of Food Processing  
Assistant Professor & Head, Dept. of  
Nutrition, Mugberia G. Mahavidyalaya



Jt. Convener

Dr. Bidhan Ch. Samanta  
Coordinator, Research Cell  
Asso. Prof. & Head, Dept. of Chemistry,  
Mugberia G. Mahavidyalaya

## Eminent Speakers of this International Webinar



Dr. Maria Leonor Silva

Assistant Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal  
Topic: Food anti-inflammatory properties and its immune benefits



Dr. Alexandra Bernardo

Associate Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal  
Topic: Food antioxidant activity – a potential property for immunity system



Dr. (Mrs.) NMNK Narayana

Senior Lecturer, Department of Animal Science, Faculty of Agriculture, University of Ruhuna, Sri Lanka  
Topic: Potential applications of immune boosting medicinal plants in functional foods to combat COVID-19



Prof(Dr) Antony Gomes

Ex-Professor & UGC-Emeritus, UGC-BSR Fellow, Dept of Physiology, Calcutta University Kolkata, India  
Topic: Fight against COVID-19 with nutrition & dietary fiber



Dr. Subrota Hati,

Assistant Professor, Dept. Dairy Microbiology, SMC College of Dairy Science  
Anand Agricultural University, Anand, Gujarat, India  
Topic: Application of probiotics in immunity boosting

For communication: Dr. Apurba Giri, Mob: +91 9564289290; Dr. Bidhan Chandra Samanta: Mob: +91 9732752907; E-mail: [webinarsbiffcc@gmail.com](mailto:webinarsbiffcc@gmail.com), [apurbandri@gmail.com](mailto:apurbandri@gmail.com)

# International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Swapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Nayana



Monalisa Roy



Antony Gomes



Subrata Hati



Koyel Pal Chowdh...



Mugberia Gangadha...

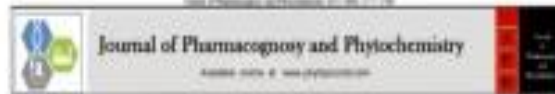
zoom

3:03:07 / 3:04:10



I. Kural and B. Tasci\*

\*Faculty of Engineering, Dept. of Food Engineering, 55139, Düzcebaşı Marmara University, Samsun, Turkey; Gamsan Health High School, Dept. of Nutrition and Dietetics, 55139, Düzcebaşı Marmara University Samsun, Turkey.



### A review on garlic (*Allium sativum* L.) as a functional food

Sevvalte Anaralim and Dilek Aysozkaya

**Abstract**  
Garlic (*Allium sativum* L.), botanical name of the Umbellales family and Allium genus, is considered to be rich in natural products. The medicinal health claims also claim will be increasingly reported to utilize during eating. Garlic, as the most favorite compound found in garlic, is known to have antioxidant, antimicrobial, anticancer, and other activities. The present review aims to focus on these and other



polyphenols and organosulfur compounds

59:00 / 3:04:10

### Clinical features of Covid-19

#### Systemic:

- > Fever
- > Fatigue

#### Kidneys:

- > Decreased Function

#### Intestines:

- > Diarrhoea



#### Respiratory:

- > Sneezing
- > Runny nose
- > Sore Throat
- > Dry Cough
- > Shortness of Breath

#### Circulatory:

- > Decreased White Blood Cells

19:24 / 3:04:10

International Webinar on "Strategies to boost immunity by functional foods to combat Covid-19"  
Mukberia Gangadhar College, Purba Midnapore, West Bengal, 15 July 2020, 3-5 pm



**WELCOME Participants**

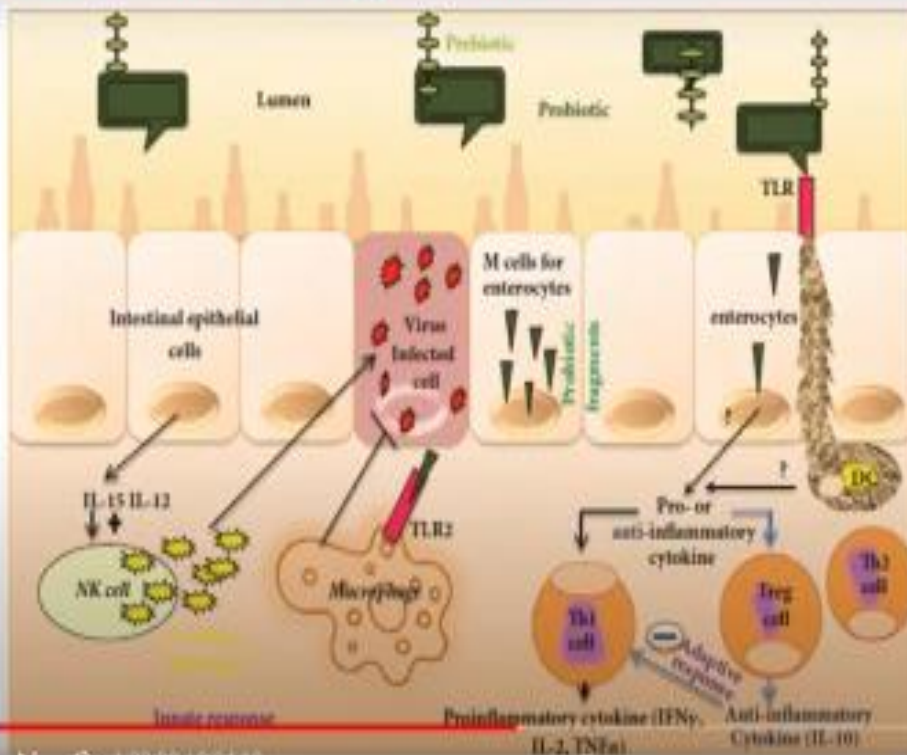
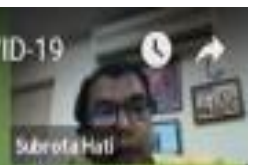
## Fight against Covid-19 with Nutrition & Dietary Fiber

**A Gomes, Ph.D**

Ex-Professor & UGC Emeritus Fellow, Dept of Physiology,  
Calcutta University, Email : agomescu@gmail.com

zoom

International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"  
**Immunomodulation of probiotics**



zoom

1:22:20 / 3:04:10

zoom

International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



2:30:06 / 3:04:10



International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



3:03:07 / 3:04:10





International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Sivapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Nayana



Monalisa Roy



Antony Gomes



Subrata Hati



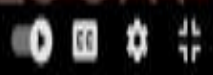
Koyel Pal Chowdh...



Mugberia Gangadha...



3:03:07 / 3:04:10



## Certificate:



### **Mugberia Gangadhar Mahavidyalaya**

[College with Potential for Excellence (UGC), Star College (DBT, Govt. of India),  
NAAC accredited with 'B+' Grade in 3<sup>rd</sup> cycle, Affiliated to Vidyasagar University]

PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin- 721425

#### **CERTIFICATE OF PARTICIPATION**

This is to certify that **Khokan Chandra Gayen** of **Vidyasagar University** has successfully participated in the one day International Webinar on “Strategies to Boost Immunity by Functional Foods to Combat COVID-19” organized by Dept. of Food Processing, in collaboration with Dept. of Nutrition and Research Cell of Mugberia Gangadhar Mahavidyalaya on 15th July, 2020.

**Chairperson**

**Dr. Swapan Kr. Misra**

**Principal**

*Mugberia Gangadhar Mahavidyalaya*

**Convener**

**Dr. Apurba Giri**

*Coordinator, Dept. of Food Processing*

*Assistant Professor & Head, Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya*

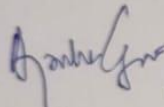
**Jt. Convener**

**Dr. Bidhan Ch. Samanta**

*Coordinator, Research Cell*

*Associate Professor & Head, Dept. of Chemistry  
Mugberia Gangadhar Mahavidyalaya*

**Conclusion :** Functional foods rich in nutrients like vitamins C and D, zinc, and antioxidants can support a healthy immune system. While they won't directly prevent or treat COVID-19, maintaining overall well-being through a balanced diet may contribute to better immune function. However, vaccination and following public health guidelines remain crucial for protection. The webinar highlighted the significance of functional foods in fortifying the immune system against COVID-19. Encouraging collaboration between students, teachers, researcher, and the general public was emphasized for a comprehensive approach to immune health.

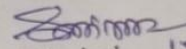
  
15/07/2020

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

  
Principal 15-07-2020

Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya

